mykifa.com

EN

YOUR ONE-STOP APP TO MANAGE ALL YOUR HEALTH AND FITNESS NEEDS

About • Planning • Keto Intermittent Fasting • Meals

Exercises • Biometrics • Pricing

We are on a mission to make healthy lifestyle choices easier for anyone.

Whether you are doing keto, paleo, clean diet, protein-rich, vegan, or simply make better food choices while trying to get back into and sticking with exercising... we got you!

Plan WHAT and WHEN you eat, WHAT you do, and HOW your body is changing all in one place.

Register for free

Log In

Stop wasting time going through different apps to track your macros, meals, calories, exercise, your eating window, fasting, analyzing biometrics, and keeping track of your calendar.

We know how time consuming all those different apps can be – that is why we created MyKIFA.com, the only app you will ever need to track all the diet and fitness-related data to help you reach your HEALTH AND FITNESS GOALS.

- **Stay accountable**
- **Stay consistent**
- **Stay on track**

Whether you are a beginner trying to get back in shape, trying to improve your diet and better your health, or an athlete training and competing...

MyKIFA.com is your all-in-one solution at your fingertips.

Ready to commit?

Enter your e-mail address | Register for free

GET IT ON Google Play

WHAT'S IN IT

- Available anywhere: Mobile (Android and iOS) and web interface.
- Track ANY diet: Keto, Paleo, Low Carb, High Carb, Elimination diet, etc.
- Stay Accountable: Fasting or bulking, MyKIFA.com is the best place to track your mealtimes.
- Don’t miss a thing: Done-for-you exercise and calorie counter tracker.
- Keep track of all your biological metrics: Blood glucose and ketones, cholesterol, heart rate, blood pressure, and more!

KETO

Get into ketosis and stay in ketosis so you burn fat for fuel! Efficiently set and hit macronutrient goals.
MyKIFA.com gives you the full picture of your everyday nutrition while keeping accurate details of what and when you eat.

Find out more

INTERMITTENT FASTING

Cycle between eating and fasting periods to maximize your body's ability to burn fat, optimize hormones, improve digestion, manage appetite, and lose weight.

Find out more

MyKIFA.com is your all-in-one solution at your fingertips.

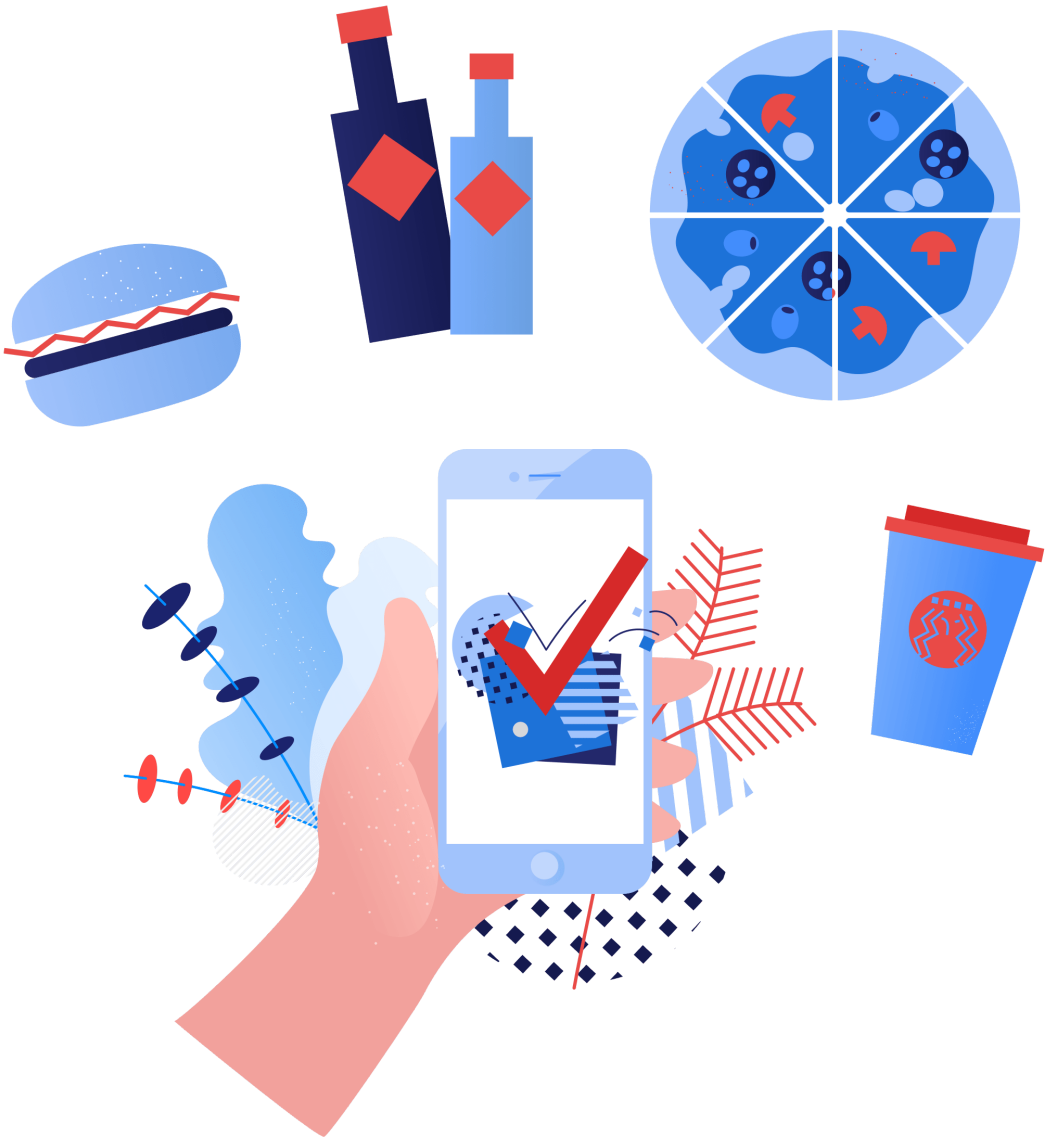
Ready to commit?

Enter your e-mail address

Register for free

GET IT ON Google Play

MEALS



Stay on top of your game and dramatically improve your diet by keeping track of your meals. From a snack you grabbed on the way to a meeting to an elaborate dinner. Just three clicks, and you're done!

Count your calories to ensure a calorie deficit for your weight loss goals or a calorie surplus if you're bulking or want to gain weight.

Keep track of the ingredients you consume daily and improve the quality of your food to nourish your body.

Find out more

EXERCISES AND PHYSICAL ACTIVITY

Tracking your calorie expenditure has never been easier! In the end, both weight loss and weight gain comes down to calories in and calories out. So, never miss the opportunity to count net calories (the difference between calories in vs. calories burned through exercise).

Find out more

Whether you're trying to keep track of your physical activity to lose weight, build muscle, or improve your cardiovascular fitness, endurance, or performance, MyKIFA.com makes it easy!

BIOLOGICAL INSIGHTS AND DATA

MyKIFA.com reveals powerful biological data such as

autophagy and other insightful biological information to optimize your diet and workouts and make the most of your metabolism's natural ability to burn fat, build muscle, recover, and reset overall health.

Find out more

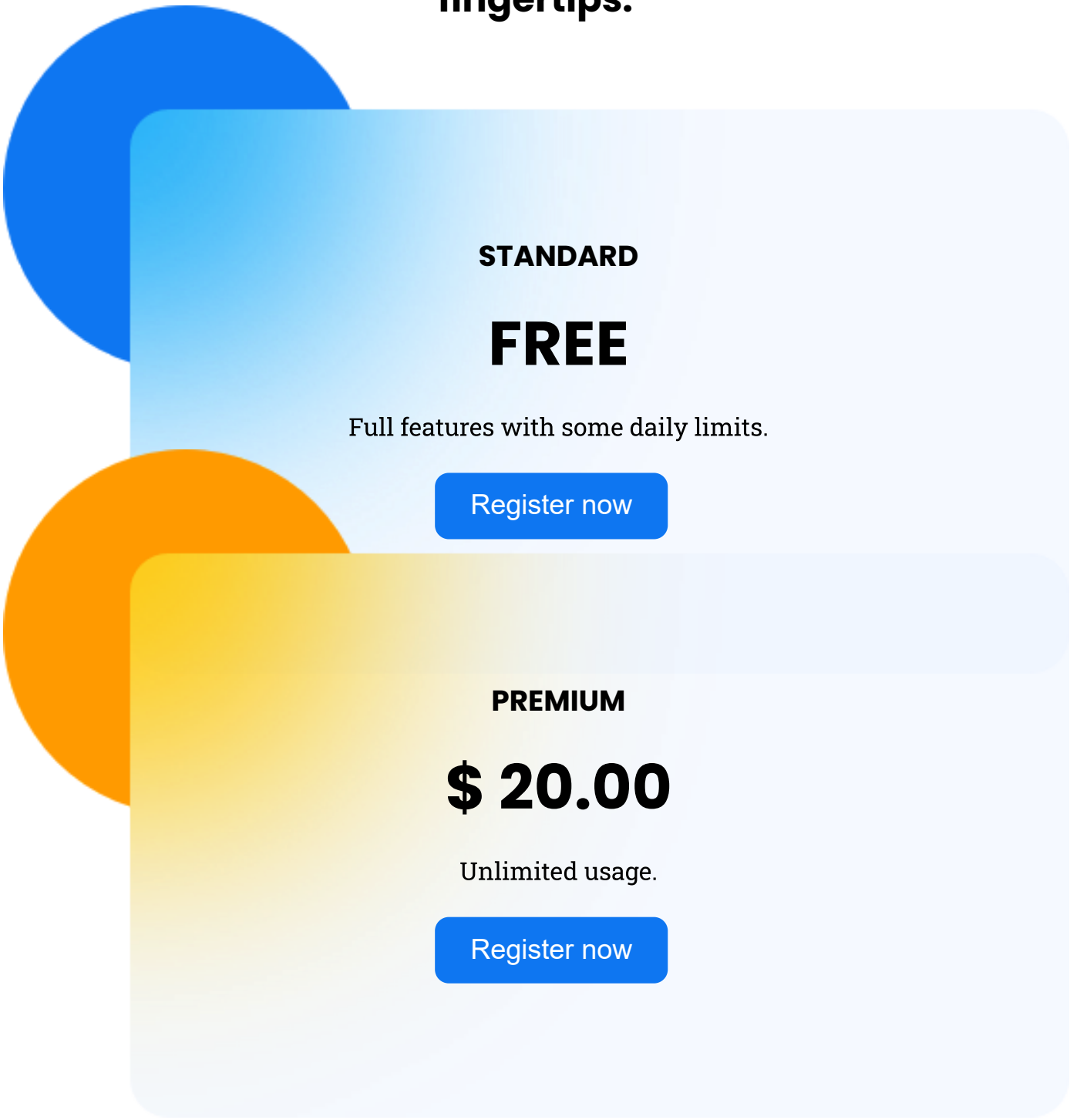
Blood Glucose	Blood Ketone
Blood Pressure, systolic and diastolic	Lipid panel including Total Cholesterol, HDL, LDL and Triglycerides
Body weight including fat percentage	Body Profile with 12 individual measures for arms, legs, torso and more

TIMES AND PLANNING

The calendar allows you to effectively manage your day and week with advanced features to see how you're doing and where you can improve to stay on top of your game and make the most of your efforts.

- Stay consistent and accountable
- Build good habit
- Stay motivated
- Improve your exercise routine
- Optimize productivity and plan ahead!

Start keeping track of your progress today and end the time wasted and missed data tracking with countless different apps.
MyKIFA.com is your all-in-one solution at your fingertips.



Links

Legal & Privacy

© 2021-2025 MyKIFA.com
Google Play and the Google Play logo are trademarks of Google LLC.

Log In Register